



# News Release

**For Immediate Release**

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## Monthly Healthy Parks, Healthy People Hike

*(Mill Valley, Calif.)–*

**WHAT:** Join us for a free “Healthy Parks Healthy People” guided hike on Saturday, November 1, at Mount Tamalpais State Park. This hike is especially designed for beginning hikers and those who are unfamiliar with the parks. Healthy Parks Healthy People (HPPH) harnesses the power of parks and public lands in promoting the health of people and the environment.

The easy, one mile, 30 minute loop hike starts and ends at the Pantoll Ranger Station. Carpool or take the bus to the park! The hike will leave just after the arrival of the Marin Transit Stage Route #61 at Pantoll at 12:16 PM. Visitors are asked to meet park staff at the Kiosk in the parking lot. Participants need to come prepared to hike. Please wear proper attire for the outdoors, appropriate for the weather such as a loose fitting t-shirt and shorts, jacket, a hat, and well fitting, comfortable shoes or hiking boots. Make sure to bring fluids and snacks. Restrooms and water fountains are available at Pantoll.

HPPH activities will be ongoing at Mt. Tamalpais on the first Saturday of every month. A schedule will be posted online at [www.parks.ca.gov/mttam](http://www.parks.ca.gov/mttam). The bus schedule is available online at <http://www.marintransit.org/routes/61.html>.

Healthy Parks Healthy People connects people to parks through health promotion, fosters society’s understanding and appreciation for the life-sustaining role of parks, and creates the next generation of park stewards. HPPH is an important collaboration with public and private groups including California State Parks, The Institute at the Golden Gate, the National Park Service, Michele Obama’s “Let’s Move initiative,” the Centers for Disease Control and Prevention and East Bay Regional Parks. More info can be found online.

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**California State Parks Mission**

*To provide for the health, inspiration and education of the people of California by helping to preserve the state’s extraordinary biological diversity, protecting its most valued natural and cultural resources, and creating opportunities for high quality outdoor recreation.*